

Frederick County Senior Services offers a variety of fitness, enrichment, and social opportunities for ages 50+ to help you maintain wellness and independence. Programs are offered virtually through the 50+ Community Centers.

Connecting with Others: film club, book clubs, knitting group, discussion groups

Being Creative: crafts, drawing, writing, cooking

Expanding Your Horizons: speakers, history programs, workshops

Staying Healthy: nutrition presentations, health and wellness programs

Resources: Be Informed: MAP, Caregiver, Medicare, Groceries for Seniors

Virtual Field Trips: museums in other places

Staying Fit: exercise classes including strength training, yoga, Zumba, line dance

Happy New Year!

We are excited to announce a full complement of Virtual activities and programs in the winter quarter, beginning on January 3, 2022.

We hope you'll join us for fitness classes, crafts, discussion groups, learning sessions on Medicare, and other resources. Please join us for one of the many opportunities to socialize over zoom.

One special event you won't want to miss is the documentary SPARK, which will air on January 25th. This film, and a panel discussion after, explores actor Robin Williams' battle with Lewy Body Dementia.

Additional special events will be added over the next few months; including drive-through lunch events and outdoor activities.

We are always interested in your suggestions and ideas for additional programs. Please email virtualseniorcenter@frederickcountymd.gov with your ideas.

We look forward to seeing you online soon!

Kitty Devilbiss

Home & Community Connections Director

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You must pre-register for all programs.	

Connecting with Others

All programs require advanced registration

Book Clubs

Read the book and then join the discussion.
See monthly calendar for book selections.



Bookshelf Book Club

Date: 1st Monday
Time: 2:30-3:30 p.m.
Cost: Free,
Registration Required
Location: Virtual Center

Good Stories Book Club

Date/Time: 2nd Thursday
Time: 2:30-3:30 p.m.
Cost: Free,
Registration Required
Location: Virtual Center

Good News Only!

This discussion centers on incorporating positivity into your daily life.

Date: 1st Wednesday
Time: 12:30-1:30 p.m.
Cost: Free, Registration Required
Location: Virtual Center



Film Club

Do you like movies? Watch the film at home and then join the discussion. Film selections will be emailed to participants after registration.

Date: Mondays
Time: 12:15-1:15 p.m.
Cost: Free, Registration Required
Location: Virtual Center



Registration information
See pages 13-15

Fun & Games

Join us for some lively fun and non-competitive games...and lots of laughter!

Date: 1st Tuesday
Time: 7:00-8:00 p.m.
Cost: Free, Registration Required
Location: Virtual Center



The Science Hour

Join us for a low-key presentation and discussion. See monthly calendar for topics.

Date: 3rd Tuesday
Time: 7:00-8:00 p.m.
Cost: Free, Registration Required
Location: Virtual Center



TED Talk

Watch a short video and join the discussion. Link to talks emailed weekly.

Date: Tuesdays
Time: 11:00 a.m.-Noon
Cost: Free, Registration Required
Location: Virtual Center



Donations in Support of Free Programs

If you would like to make a monetary donation to support the free programs please, visit our eStore:

<http://frederickcountymd-gov.3dcartstores.com>

Once on the website, click on the button "50+ Community Programs" located in the "Category" box on the left hand side.

Click on the button "Donating to the Virtual Center" and add the dollar amount of your donation to your shopping cart.

Expanding Your Horizons

All programs require advanced registration

Great Decisions Discussion Group

For decades, Great Decisions has been America's largest discussion program on world affairs. Foreign policy is made easier to understand in this course that offers background on issues facing America today. Topics are drawn from the 2022 Foreign Policy Association Briefing book and include topics such as Climate Change, Industrial Policy, and Biden's Agenda. Each class will begin with a short video. Discussions are moderated. Class will be accessed using Zoom.



Date: Mondays, starting February 7

This is an eight-week program.

Time: 10:00-11:30 a.m.

Presenter: Jim French

Cost: \$5.00 plus the cost of 2022 Briefing Book,
Registration Required

Registration closes Wednesday, February 2

Location: Virtual Center

Great Decisions Foreign Policy Association 2022 Briefing Book

For the optimal learning experience, participants should pre-order book and allow time for delivery. Participants may share a book if they choose.

Option #1

Order online from Great Decisions:

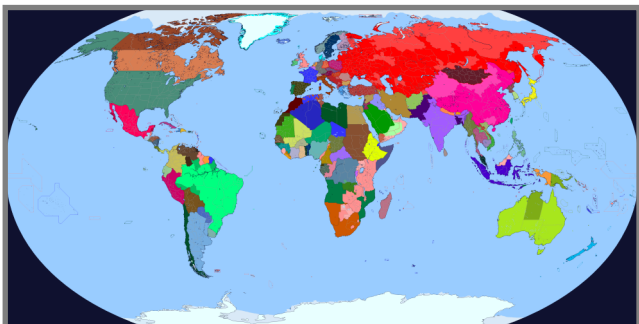
<https://tinyurl.com/Great-Decisions2022> or contact
sales at 1 (800) 477-5836 or sales@fpa.org

Cost: \$35 + shipping

Option #2

Order e-book from Amazon or Barnes & Noble
websites

Cost: approximately \$23 download - see websites
(e-book should be available mid-January)



Inner Asian and Uralic National Resource Center

In 1962, Indiana University became home to the Uralic and Altaic Language and Area Center, which was renamed the Inner Asian and Uralic National Resource Center (IAUNRC). Indiana University is one of the world's leading centers for the scholarly study of the Inner Asian and Uralic Region.

The Silk Road: History, Innovations, Inventions

This program deals specifically with the Silk Road: where it ran, how it came to be named, who traveled it, its importance in World History, and what it can teach us about world trade today. The Silk Road did more than just link Europe to Central Asia and other parts of the world - it brought Europeans many inventions and scientific contributions from math and medicine, to science and technology.

Date: Wednesdays, starting January 19

This is a three-week program.

Time: 9:30-10:30 a.m.

Presenter: Staff from the Inner Asian & Uralic
National Resource Center, Indiana University

Cost: Free, Registration Required

Location: Virtual Center

The Silk Road: Traditional & Contemporary Arts

Enjoy an overview of various cultures on the Silk Road and the pre-colonial art forms that emerged from the religions and lifestyles of individual groups. Explore the post-colonial and post-Soviet interpretations and influences on contemporary art in Central Eurasia. With examples from visual arts, music, and poetry, we will explore the ways that arts on the Silk Road were integral to group identity and inspired cultural diffusion and adoption. There are many ways that the artistic and political legacies of the Silk Road continue to be expressed.

Date: Wednesdays, starting February 16

This is a two-week program.

Time: 9:30-10:30 a.m.

Presenter: Staff from the Inner Asian & Uralic
National Resource Center, Indiana University

Cost: Free, Registration Required

Location: Virtual Center

Expanding Your Horizons

All programs require advanced registration



National Weather Center

The National Weather Center (Norman, OK) provides a collaborative work environment for federal, state, and academic units. These units work to improve our understanding of Earth's atmosphere, provide accurate forecasts on severe weather, and to educate

meteorologists. Learn about weather research and vehicles; weather forecasting; and severe weather education and awareness.

Date: Monday, January 10

Time: 10:00-11:00 a.m.

Presenter: National Weather Center Staff

Cost: Free, Registration Required

Location: Virtual Center

The Harlem Renaissance

The Harlem Renaissance was a cultural and social movement in the 1920s and 1930s defined by an outpouring of African American literature, theater, music, and art. Discuss the origins of this historically significant time period and explore some of the many influential writers, poets, visual artists, and musicians. Gain reading, viewing, and listening recommendations and learn about the library's collection.

Date: Friday, February 4

Time: 2:00-3:00 p.m.

Presenter: Vivian Fisher, African American Department, Enoch Pratt *free* Library

Cost: Free, Registration Required



Sleep Your Way to Better Brain Health

Based on the New York Times bestseller, *Why We Sleep*, by Matthew Walker, PhD, we will examine the critical need for sleep and the essential role it plays in brain health and functioning. As a professor of neuroscience and psychology at UC Berkeley, and the director of the Center for Human Sleep Science, Walker's groundbreaking research demonstrates how sleep impacts every aspect of our lives from decision-making to emotional regulation, immune system functioning, regulating our appetite, and more. Offered in partnership with ILR at FCC.

This program is underwritten through a bequest from the Shirley Cruickshank Wolfe Fund.

Date: Wednesdays, starting February 9

This is a 5-week program.

Time: 1:30-2:45 p.m.

Presenter: Barbara Angleberger

Cost: Free, Registration Required

Location: Virtual Center

Senior Services Advisory Board Monday, January 10, 1:00 p.m.

Guest Speaker

Delegate Karen Lewis Young

Legislative District 3A

Health and Government Operations Committee

Delegate Young will speak about legislation that has been recently passed, or is in process, that will impact the lives of older adults. The number of seniors in Frederick is expected to increase dramatically over the next few years and concerns continue to be raised in regard to affordable housing, transportation, cost of medications, health care, caregiver concerns, and the ability to live at home as long as possible.

Location:

Virtual Center, Registration Required

Staying Healthy

All programs require advanced registration

Nutrition with Giant®

The Giant Food team of registered and licensed dietitians offer presentations on ways you can make the best shopping choices for your health and well-being.



How to Catch Better Zzz's

Did you know getting adequate sleep is one of the best things you can do for yourself? Yet we often neglect or compromise on our sleep, which can lead to other problems. Learn all the benefits sleep has to offer, as well as foods that can help support a better night's sleep, and overall health!

Date: Wednesday, January 12

Time: 9:00-10:00 a.m.

Presenter: Thu Huynh, RD, LDN,
In-Store Nutritionist, Giant Food

Cost: Free, Registration Required

Location: Virtual Center



Love Your Heart

Ever wonder how the foods you eat affect your heart? Do you have concerns about cholesterol or hypertension or simply want to keep your heart healthy? The program will provide answers on salt and fat, and ways you can improve your health.

Date: Wednesday, February 9

Time: 9:00-10:00 a.m.

Presenter: Thu Huynh, RD, LDN,
In-Store Nutritionist, Giant Food

Cost: Free, Registration Required

Location: Virtual Center

Should It Stay or Should It Go? Avoid Food Waste by Extending the Life of Your Foods

Have you ever wondered about expiration dates and why your fresh produce doesn't last as long as you'd like? Come to this program and find out why and how to extend the life of your foods.

Date: Wednesday, March 9

Time: 9:00-10:00 a.m.

Presenter: Thu Huynh, RD, LDN,
In-Store Nutritionist, Giant Food

Cost: Free, Registration Required

Location: Virtual Center

Resources: Be Informed

All programs require advanced registration

The Resource and Service Navigation team, part of the Frederick County Senior Services Division, develops and administers programs and activities that support older adults and adults with disabilities. This team includes Caregiver Support, Maryland Access Point (MAP), and the State Health Insurance Assistance Program (SHIP).

Maryland Access Point (MAP)

Maryland Access Point of Frederick County (MAP) is a trusted source of information and assistance for Frederick County residents who need or want to plan for their immediate and future needs. MAP serves adults 50 years and older, adults 18 years and older with a disability, family members and other caregivers, and health or business professionals.

If a Loved One Wanders

Having a loved one wander away from their home is a frightening situation. Learn about programs and resources available to assist in these situations.

Date/Time: Tuesday, Jan. 11, 1:00-2:00 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Supportive Services: Do You Qualify?

Through the completion of a Level One screening conducted by Maryland Access Point (MAP) staff, individuals may be able to access a variety of supportive services. Learn more about the Level One screening process and the MAP program in general!

Date/Time: Monday, Feb. 14, 10:00-11:00 a.m.

Cost: Free, Registration Required

Location: Virtual Center

Homeowners Property Tax Program

Come learn more about the State of Maryland tax credit program, which sets a limit on the amount of property taxes any homeowner must pay based upon his or her income.

Choose one of two sessions to attend.

Date/Time: Thursday, Mar. 3, 1:00-2:00 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Date/Time: Monday, Mar. 21, 7:00-8:00 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Resources: Be Informed

All programs require advanced registration

The Resource and Service Navigation team, part of the Frederick County Senior Services Division, develops and administers programs and activities that support older adults and adults with disabilities.

This team includes Caregiver Support, Maryland Access Point (MAP), and the State Health Insurance Assistance Program (SHIP).

State Health Insurance Assistance Program (SHIP)

Trained SHIP staff help Medicare beneficiaries, family members and caregivers understand Medicare benefits, bills, and Medicare rights.



New to Medicare Workshops

Are you new to Medicare, or will be soon?
Join us for an overview of Medicare.
These are 90 minute workshops.

Date/Time: Tuesday, Jan. 11, 9:00-10:30 a.m..

Cost: Free, Registration Required

Location: Virtual Center

Date/Time: Monday, Jan. 24, 2:00-3:30 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Date/Time: Sat., Feb. 12, 11:00 a.m.-12:30 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Date/Time: Thursday, Feb. 24, 1:00-2:30 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Date/Time: Tuesday, Mar. 8, 9:00-10:30 a.m.

Cost: Free, Registration Required

Location: Virtual Center

Date/Time: Wednesday, Mar. 23, 2:30-4:00 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Medigap/Supplemental vs Advantage Plans

Come learn more about these different types of Medicare programs to help determine which type of program may be the best for you.

Date/Time: Wed. Mar. 16, 10:00-11:00 a.m.

Cost: Free, Registration Required

Location: Virtual Center

Caregiver Support Program

The National Family Caregiver Support Program provides support programs to meet the needs of caregivers.

SPARK Documentary

Join us to view the documentary *SPARK*, which follows Robin Williams and his battle with Lewy Body Dementia. A panel discussion will follow.

Date: Tuesday, January 25

Time: 11:30 a.m.-1:00 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Date: Tuesday, January 25

Time: 7:00-8:30 p.m.

Cost: Free, Registration Required

Location: Virtual Center

Groceries for Seniors

A monthly free distribution of seasonal produce, canned goods, shelf stable products

Third Friday of Every Month

Noon - until all food is distributed

Drive-Thru and Walk-up

Frederick Senior Center

1440 Taney Avenue, Frederick, MD 21702

www.FrederickCountyMD.gov/SeniorServices
or 301.600.3523 for information

All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participate. Please bring a photo ID to register the first time.

Seniors without transportation may be eligible for free delivery. Call 301-600-6008 for details.

Virtual Field Trips

All programs require advanced registration



These programs are offered through The National WWII Museum in New Orleans. Each program is \$5.00 per person.

I AM an American!

Japanese American Internment in WWII

Explore the story of Eva Hashiguchi, who spent her high-school days as an internee in Jerome, Arkansas. Through her account, witness how wartime hysteria and racial prejudice led to one of the darkest chapters of American history. Examine the country's actions to apologize for the injustices committed against Japanese Americans. Hear about the struggles and tremendous accomplishments of the Purple Heart Battalion.

Date/Time: Thursday, Jan. 20, 2:30-3:30 p.m.

Presenter: National WWII Museum Staff

Cost: \$5.00 per person, Registration Required

Registration closes Friday, January 14

Location: Virtual Center

The Warrior Tradition:

American Indians in WWII

In addition to the most famous group of American Indians, the Navajo Code Talkers, uncover surprising and lesser-known stories of these warriors in uniform. Hear segments from the Museum's oral history collection, including Medal of Honor recipient Van Barfoot, and the last surviving Crow war chief Joe Medicine Crow. With a focus on language and symbols, explore how the Code Talkers used their once-suppressed languages to successfully transmit code on the battlefield, attempt to crack the "unbreakable" Navajo code, and discuss why native language and terminology are still relevant to day.

Date/Time: Thursday, Feb. 3, 2:30-3:30 p.m.

Presenter: National WWII Museum Staff

Cost: \$5.00 per person, Registration Required

Registration closes Friday, January 28

Location: Virtual Center

Double Victory:

African Americans in WWII

Learn about the triumphs and challenges experienced by African Americans on the battle fronts and on the Home Front. Meet Pearl Harbor hero Dorie Miller, the Montford Point Marines, the Tuskegee Airmen, and the seven African American Medal of Honor recipients.

Date/Time: Thursday, Feb. 17, 2:30-3:30 p.m.

Presenter: National WWII Museum Staff

Cost: \$5.00 per person, Registration Required

Registration closes Friday, February 11

Location: Virtual Center

It's OUR War, Too!

American Women in WWII

When Americans were called to action, women "did their part" despite stereotyping and discrimination. The war spurred many women to enter the workforce for the first time, all while managing a household alone and upholding wartime duties. Women answered the call of Uncle Sam and enlisted in military auxiliary groups, fulfilling critical roles stateside and abroad. Hear accounts from real Rosie the Riveters and women near the battle fronts. Visit the Hollywood Stage Door Canteen and discover how starlets, singers and celebrities lifted the spirits of our troops. Learn about the lasting legacy of women's contribution to the war effort.

Date/Time: Thursday, March 3, 2:30-3:30 p.m.

Presenter: National WWII Museum Staff

Cost: \$5.00 per person, Registration Required

Registration closes Friday, February 25

Location: Virtual Center

Los Veteranos: Latinos in WWII

An important part of U.S. history long before WWII, the war gave Latinos new opportunities and presented them with new challenges. Because Latinos did not serve in segregated units, as African Americans did, their WWII history is sometimes overlooked. Learn about Latino WWII heroes and average soldiers, as well as issues of ethnicity and acculturation on the Home Front.

Date/Time: Thursday, March 17, 2:30-3:30 p.m.

Presenter: National WWII Museum Staff

Cost: \$5.00 per person, Registration Required

Registration closes Friday, March 11

Location: Virtual Center

Virtual Field Trips

All programs require advanced registration

Minuteman Missile National Historic Site: Go Underground with Cold War History

Minuteman Missile National Historic Site preserves two facilities that were once part of a Minuteman Missile field that covered the far western portion of South Dakota from 1963 through the early 1990's. There were 15 Launch Control Facilities that commanded and controlled 150 Launch Facilities (Missile Silos) holding Minuteman Intercontinental Ballistic Missiles. Two of these facilities survive in their historic state. Join a park ranger at Launch Control Center Delta-01, 31 feet underground, to explore the Minuteman II system's role as a nuclear deterrent during the Cold War and visit sites rarely seen by civilians while in use, but that nevertheless loomed large on the geo-political landscape.

Date/Time: Friday, January 14, 2:30-3:30 p.m.

Presenter: National Park Service Ranger

Cost: Free, Registration Required

Location: Virtual Center



Homestead National Historical Park: The Homestead Act of 1862

The Homestead Act of 1862 was one of the most significant and enduring events in the westward expansion of the United States. Homestead National Historical Park, located in Southeast Nebraska, commemorates this Act and the far-reaching effects it had upon the landscape and people. In this virtual program learn how the Homestead Act of 1862 populated the west and the needs of those settling. Discussion includes how the United States acquired the land given away and the specific requirements to claim one's free land.

Date/Time: Friday, January 28, 1:30-2:30 p.m.

Presenter: National Park Service Ranger

Cost: Free, Registration Required

Location: Virtual Center



Glacier Bay National Park & Preserve: Ask a Park Ranger - Living and Working in Glacier Bay, Alaska

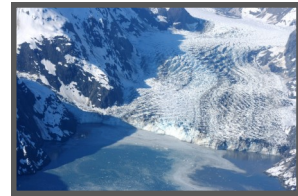
Park rangers have a wealth of knowledge about the National Park System, the park where they work, life as a ranger, and more. Tap into these stores of knowledge through an informal question and answer session with a Glacier Bay National Park ranger. Topics can cover the flora, fauna, glaciers, geology, and cultural history of Glacier Bay, as well as life in rural Alaska, careers in the National Park Service, and more. Email the Virtual Center your questions and we will compile them to give to the ranger before the program. Not all questions may be answered during the program.

Date/Time: Friday, February 11, 2:00-3:00 p.m.

Presenter: National Park Service Ranger

Cost: Free, Registration Required

Location: Virtual Center



Wind Cave National Park

Below the remnant island of intact prairie sits Wind Cave (South Dakota), one of the longest and most complex caves in the world. Named for

barometric winds at its entrance, this maze of passages is home to boxwork, a unique formation rarely found elsewhere. In this virtual program, learn how the cave was formed and about some of the unique features from formations to fossils found in Wind Cave. We will examine how human population affects the cave environment; the history of the cave exploration; and the unique challenge of preserving the cave.

Date/Time: Friday, March 11, 2:00-3:00 p.m.

Presenter: National Park Service Ranger

Cost: Free, Registration Required

Location: Virtual Center



Staying Fit: Fitness Classes Schedule and Descriptions

All programs require advanced registration

Floor Yoga

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using both held and moving postures.

Modifications are offered.

Date/Time: Mondays, 2:45-4:00 p.m.

Instructor: Miyako Zeng

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Joy of Movement

“Aging Backwards: Eccentrics for Seniors”® is a dynamic gentle full body movement that increases cardiovascular fitness, muscle strength, and joint mobility. Done seated and standing, with modifications, so it is safe and accessible for everyone.

Date/Time: Wednesdays, 9:00-10:00 a.m.

Instructor: Nanette Tummers

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Line Dance

Improve your balance, get moving, and have fun! This class includes a review of the basic steps.

Date/Time: Mondays, 1:30-2:30 p.m.

Instructor: Nanine Rhineland

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Date/Time: Thursdays, 1:00-2:00 p.m.

Instructor: Mary Anne Williams

Cost: All-Access Fitness Pass or \$30.00

Location: Virtual Center

Meditation and Movement (M&M)

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension in the body through slow movement and deep breathing.

Date/Time: Wednesdays, 3:00-4:00 p.m.

Instructor: Cain Yentzer

Cost: All-Access Fitness Pass or \$30.00

Location: Virtual Center

Morning Flow Yoga

Incorporating traditional & non-traditional yoga moves to energize & waken the body. These will include standing & sitting (on the floor) asanas (postures).

Date/Time: Tuesdays, 10:30-11:30 a.m.

Instructor: Joana Bragg

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Date/Time: Thursdays, 10:30-11:30 a.m.

Instructor: Joana Bragg

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Strength & Stretch

Join us for a strength training and gentle stretching class. The use of weights is optional.

Date/Time: Tuesdays, 9:00-10:00 a.m.

Instructor: Nanette Tummers

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Date/Time: Thursdays, 9:00-10:00 a.m.

Instructor: Nanette Tummers

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Yin Yang Yoga

This class brings together the benefits of passively holding yoga poses with more active dynamic sequences and standing postures; working on the muscles and blood flow, building strength, stamina and flexibility.

Date/Time: Fridays, 10:30-11:30 a.m.

Instructor: Joana Bragg

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Fitness classes continued on next page...



Staying Fit: Fitness Classes Schedule and Descriptions

All programs require advanced registration

...Fitness classes continued

Yoga Nidra (yogic sleep)

Yoga Nidra helps induce a conscious meditative state between waking and sleeping. The practice reduces stress and improves sleep. You may lay on the floor, bed, or recliner. Comfort is key.

Date/Time: 2nd Wednesday, 7:00-8:00 p.m.

Meets: Jan. 12, Feb. 9, Mar. 9

Instructor: Joana Bragg

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center



Zumba Gold

Active cardio low impact dance moves and fun energizing music.

Date/Time: Tuesdays, 1:30-2:30 p.m.

Instructor: Mary Ellen Brady

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Date/Time: Wednesdays, 12:15-1:15 p.m.

Instructor: Becca Kennedy

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Date/Time: Fridays, 9:15-10:15 a.m.

Instructor: Mary Ellen Brady

Cost: All-Access Virtual Fitness Pass or \$30.00

Location: Virtual Center

Fees for Fitness Classes

Fees are not prorated for late starts/absences

See pages 13-15 for registration information

Option 1:

All-Access Virtual Fitness Pass Subscription

\$60 per pass per participant

Option 2:

Single Fitness Class Subscription

\$30 per quarter per participant;

(Yoga Nidra: \$10 per quarter per participant)

Scholarship Information

Scholarships are available to help pay for fitness classes. For more information

visit www.FrederickCountyMD.gov/Virtual50 or

email SeniorServices@FrederickCountyMD.gov

	Monday	Tuesday	Wednesday	Thursday	Friday
Virtual Fitness Programs	1:30 @ VSC Line Dance	9:00 @ VSC Strength & Stretch	9:00 @ VSC Joy of Movement	9:00 @ VSC Strength & Stretch	9:15 @ VSC Zumba Gold
	2:45 @ VSC Floor Yoga	10:30 @ VSC Morning Flow Yoga	12:15 @ VSC Zumba Gold	10:30 @ VSC Morning Flow Yoga	10:30 @ VSC Yin Yang Yoga
		1:30 @ VSC Zumba Gold	3:00 @ VSC Meditation & Movement (M&M)	1:00 @ VSC Line Dance	
			7:00 @ VSC Yoga Nidra (2nd Wed only)		

Staying Fit: Meet Our Fitness Instructors

Becca Kennedy

Zumba Gold

Becca has been teaching Zumba for over 8 years, and she loves to teach Zumba Gold because she gets to dance with so many fun people! She also teaches Aqua Zumba and yoga, and she has her Group Fitness Instructor Certification from the Athletics and Fitness Association of America. Becca lives on a farm with her husband and her two young daughters. She also loves to sew and roller skate.

Cain Yentzer

Meditation & Movement

Cain is an expert in the science and practice of Tai-Chi. He has spent decades trying to perfect and spread the art of Tai-Chi both in the West and Far-East. He enjoys seeing how Tai-Chi benefits his students' lives.

Joana Bragg

Morning Flow Yoga, Yin Yang Yoga, Yoga Nidra

Joana is a registered yoga teacher, having completed 200 hour yoga teacher training, a mom, a wife and a volunteer. She teaches in a light-hearted style in settings suited for all abilities. Joana focuses on proper alignment, accessibility, and fun; offering modifications and use of props. Her classes are an adventure!

Mary Anne Williams

Line Dance

Mary Anne shares her joy in dancing during her weekly line dance classes. Her background as an elementary school teacher gives her the love of teaching and sharing.

Mary Ellen Brady

Zumba Gold

Mary Ellen is a Zumba Gold instructor and has been teaching fitness since retiring in 2016. Mary Ellen also teaches Zumba, Zumba Tone, Zumba Gold Tone, and Aqua Zumba for the swimming enthusiast. Mary Ellen enjoys teaching her Gold classes because the participants are enthusiastic. The classes are geared to the mature dancer as well as those recovering from an injury or those with physical limitations. She resides in Middletown with her husband and her son. Her daughter lives in Chicago.

Miyako Zeng

Floor Yoga

Miyako started yoga 28 years ago and became yoga instructor in 2013. In her class, the participants will gain flexibility and build strength. Experience the joy, and the wonder of yoga with Miyako!

Nanette Tummers

Strength & Stretch, Joy of Movement

Dr. Nanette Tummers has been inspired to teach, study, present, research and practice physical activity for over 40 years especially for the Active Aging community. She is passionate about the gifts of lifelong activity and has served many populations including the recovery community, at risk adolescents, Veterans and adults. Nanette has a doctorate in Kinesiology and Health Promotion and is Professor Emeritus at Eastern Connecticut State University. She is a holistic stress management instructor and an expert in health behavior change and mindfulness. Nanette is an Eccentrics Aging Backwards Instructor.

Nanine Rhineland

Line Dance

Nanine, who lives to dance, has been teaching line dancing since 1991. She enjoys learning new steps. Even when she makes a mistake she keeps moving to the music and it works for her and her class.



Email us:

VirtualSeniorCenter@FrederickCountyMD.gov

Registration Information



Free Programs

Registration must be received at least two business days before program.

Email: VirtualSeniorCenter@FrederickCountyMD.gov

Be sure to include:

- Your Name
- Email Address
- Phone Number
- Names & Dates of Classes and Programs You Want to Take

Confirmation

Once we receive your registration, we will contact you with more details about the programs.
Your registration is not complete until you hear from us!



Programs with a Fee

Registration must be received by the “Registration closes” date.

If there isn’t a date listed, registration must be received least two business days before program.

Payment must be included with registration (credit card or check).

Payment is non-refundable.

Credit/Debit Card: Online

Pay via our eStore: <http://frederickcountymd-gov.3dcartstores.com>

- Once on the website, located the “Category” boxes on the left side.
- Click on the button for “50+ Community Programs”
- Then click on the sub-category you want
- Select and add the program to your shopping cart

Check: Drop-Off (we recommend that you only mail a check if absolutely necessary)

- Make check payable to “Frederick County Treasurer”
- Complete the registration form on page 15.
Include: Your Name, Email Address, Phone Number, and
the Names & Dates of Classes and Programs You Want to Take
- Place the addressed envelope containing the *Check & Registration Information* in the lock box
at the Senior Services Division (box is located to the left of the handicapped entrance door)
Frederick County Senior Services Division
Attn: Virtual 50+Center, 1440 Taney Avenue, Frederick, MD 21702

Confirmation

Once we receive your registration, we will contact you with more details about the programs.
Your registration is not complete until you hear from us!

Policies and Procedures for all Programs

New Participant Information Form

If you have never participated in a program at the Frederick County Senior Centers or with the Virtual 50+ Center, you will need to complete a Participant Information Form. You may complete and submit this form online. This is a requirement to participate in the programs.

www.frederickcountymd.gov/FormCenter/Department-of-Aging-10/Participant-Information-Form-53

Waiver of Liability

By joining these Virtual 50+ Community Center programs, including fitness programs, you acknowledge that there are inherent risks and dangers associated with Frederick County Senior Services Division programs and therefore, you hold Frederick County Government harmless from all claims for injuries, damage, or loss that may result from your participation in these programs.

You agree to uphold your consent to participate as acknowledged by your signature/electronic submission of your Frederick County Senior Services Division Participant Information Form and as outlined in the [Senior Center Guidelines, Policies & Procedures](#).

Authorization for use of Photographic Likeness

By submitting your registration you are agreeing to allow Frederick County Senior Services Division and any of the virtual field trip destinations to take and utilize photos, slides, and video images for the purpose of promotion and publicizing of the Division's programs, facilities, and/or events.

Virtual Center Programs (VSC)

These live virtual programs/classes are taught using Zoom. If you need information on accessing Zoom please email us: VirtualSeniorCenter@FrederickCountyMD.gov

Please ask for help at least two business days prior to the program.

We will not be able to provide technical assistance during the programs.

Internet Connectivity

We will not be able to accommodate anyone who is experiencing internet connectivity issues during a program; nor will we be able to issue a refund due to poor connectivity.

Accessing the Virtual Programs by Phone

If you do not have internet access, you may still access some of our programs using your phone. Please call 301-600-1234 for more information.



Virtual 50+ Community Center Staff

Caitlyn Kirby • Dara Markowitz • Susan Hofstra

Cathy Barnes • Deb Ayers • Kitty Devilbiss

Winter 2022

Programs with a Fee, Virtual Field Trips & Fitness Classes

Registration Form for Paying with a Check

Drop-off or mail to: Frederick County Senior Services Division, Attn: Virtual 50+ Center
1440 Taney Avenue, Frederick, MD 21702

To pay by credit card visit our eStore: <http://frederickcountymd-gov.3dcartstores.com>

Name _____ Phone _____

Email Address _____

Mailing Address _____

Programs with a Fee	Date	Location	Price	Total
Great Decisions Discussion Group (8 weeks)	Mondays, starting Feb. 7, 10:00 a.m.	@ VSC	\$5.00	
Virtual Field Trips	Date	Location	Price	Total
I AM an American: Japanese American Internment in WWII	Thursday, Jan. 20, 2:30 p.m.	@ VSC	\$5.00	
The Warrior Tradition American Indians in WWII	Thursday, Feb. 3, 2:30 p.m.	@ VSC	\$5.00	
Double Victory African Americans in WWII	Thursday, Feb. 17, 2:30 p.m.	@ VSC	\$5.00	
It's OUR War, Too! American Women in WWII	Thursday, March 3, 2:30 p.m.	@ VSC	\$5.00	
Los Veteranos Latinos in WWII	Thursday, March 17, 2:30 p.m.	@ VSC	\$5.00	
Fitness Classes (see pages 10-12)	Class Name/Day of Week		Price	
All Access Virtual Fitness Pass	January-March	@VSC	\$60.00	
Single Virtual Fitness Class (List class name/day of week)		@VSC	\$30.00 (Yoga Nidra \$10.00)	
Make checks payable to "Frederick County Treasurer"				